

## A Conversation with Zahra Rehan

### CSPA Committee Member: Affiliate Members, Breaking Barriers



**Zahra Rehan, MD, M.Sc.**

Educational Resource Developer

***Why did you get involved with CSPA?***

My personal experience with a skin condition gave me a unique perspective on the lack of accessible, patient-centered information and resources. This insight, coupled with my postgraduate training in clinical epidemiology and a strong commitment to knowledge translation, motivated me to volunteer with CSPA to help bridge the gap between scientific evidence and patient understanding.

***What do you perceive as outcomes of your involvement?***

Through my involvement with CSPA, I've had the privilege of collaborating with a dedicated team on various initiatives aimed at advancing patient education, advocacy and support. I had the opportunity to shape and facilitate Breaking Barriers, an event focused on the experiences of skin patients from racialized and marginalized communities. The event served as a platform for patients to share their healthcare experiences and foster dialogue on advancing equity in dermatologic care. Over the past year, I worked closely with Sabrina Ribau to design patient surveys aimed at capturing the lived experiences of individuals with prurigo nodularis. Following data analysis, the insights gathered from these responses informed the process of completing patient input submission to support drug coverage approval for this condition. This initiative was especially impactful in advancing patient care, with securing the first-ever drug coverage approval for prurigo nodularis in Canada.

***Why do you like volunteering with CSPA?***

I enjoy volunteering with CSPA for many reasons. It allows me to connect with a community of individuals who share a common goal of empowering patients to better understand their skin, hair and nail conditions. It has also been a valuable learning experience, allowing me to deepen my knowledge of a broad range of dermatologic conditions while developing patient education resources or writing articles that translate complex medical information into accessible and simplified content for patients. Ultimately, my experiences with CSPA allow me to strengthen key skills in patient education, effective communication, and advocacy—all while contributing to initiatives that meaningfully support the diverse patient community.

***Why would you tell others that they should get involved with CSPA?***

CSPA offers a unique opportunity to make a real impact in the lives of people living with skin, hair, and nail conditions through education, advocacy, and support. It offers the opportunity to collaborate with passionate individuals, expand your understanding of dermatologic conditions, and contribute to meaningful projects that enhance patient care